

## WHY SHOULD YOU BE VERY CONCERNED ABOUT FALLS?

- Falls are a serious epidemic and the leading cause of fatal and nonfatal injuries among older adults.
- One out of three elder Americans falls every year.
- Only about half of elderly people can live independently after sustaining injuries from a fall.
- Older adults are hospitalized for fall-related injuries five times more than injuries from other causes.
- Fear of falling can lead older adults to limit their activities, which can lead to decreased muscle strength and more falls, physical decline, depression, and social isolation.



### *Royal Oak House Mission*

We are committed to providing extraordinary care and services. Families can rest assured knowing that their loved one is safe and well cared for.

*We deliver on the promises that we make.*



### PROMOTING WELLNESS AND INDEPENDENCE NEAR THE HEART OF DOWNTOWN ROYAL OAK

Royal Oak House Fully Licensed Assisted Living & Memory Care offers all the comforts of home in a safe environment. Residents (and their families) enjoy peace of mind knowing that care and services are available around the clock and that a licensed nurse supervisor is on site 24/7.

**Call (248) 585-2550 to schedule a tour and to discuss your housing and care needs.**

## ROYAL OAK HOUSE

FULLY LICENSED  
ASSISTED LIVING • MEMORY CARE

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[www.RoyalOakAssistedLiving.com](http://www.RoyalOakAssistedLiving.com)

# STEADY AS YOU GO

KEEPING YOUR LOVED ONES SAFE

## ROYAL OAK HOUSE

FULLY LICENSED ASSISTED LIVING & MEMORY CARE



**24/7 ON-SITE NURSING SUPERVISION**

**AN EDUCATIONAL RESOURCE, COMPLIMENTS  
OF ROYAL OAK HOUSE ASSISTED LIVING**

# ROYAL OAK HOUSE

FULLY LICENSED  
ASSISTED LIVING • MEMORY CARE



## WHO IS AT RISK FOR FALLING?

Falls are likely to occur in persons who have:

- Recently fallen
- Difficulty with balance
- Difficulty getting in/out of bed
- Dizziness
- Pain
- Weak bones or muscles
- Multiple medications
- Vision/hearing loss
- Memory loss or confusion

## WHAT CAN I DO TO HELP REDUCE FALLS?

- Remove clutter, electrical cords, throw rugs, and any other trip hazards
- Secure carpet to the floor
- Arrange furniture so there is plenty of room for walking

Helping seniors stay healthy and maintain their independence is important at Royal Oak House. Call (248) 585-2550 to learn more about fall prevention and about our Assisted Living options.

- Wipe up spills immediately
- Wear non-skid, low-heeled, fully enclosed shoes
- Keep outdoor areas well lit
- Keep outdoor walkways smooth and free from ice and snow
- Recommend standing slowly from lying or sitting to prevent dizziness from blood pressure fluctuations
- Encourage exercise and walk often
- Install grab bars in the tub, shower, and near the toilet
- Place non-skid mats in the shower
- Use non-slip adhesive strips on stairs
- Install railings on both sides of the stairs
- Provide adequate lighting in every room
- Place night lights in kitchen, bathrooms and hallways
- Be aware of medication side effects, such as dizziness, confusion, decreased balance
- Make often-used items easily accessible
- If necessary, provide personal walking devices, such as a cane or walker



## WHAT ROYAL OAK HOUSE CAN DO TO HELP:

- Provide a safe environment that reduces safety hazards
- Provide ongoing training for staff, residents, and families on fall safety
- Evaluate the risk for falls upon admission
- Protect sleep by providing a quiet environment
- Work with loved ones to identify risk factors
- Prepare a Personalized Service Plan of Care to help reduce the likelihood of falls occurring
- Provide gentle reminders to use personal walking devices
- Work with a resident's physician to determine risk factors related to medications
- Provide physical, occupational and recreational therapies designed to increase strength and improve balance
- Provide exercise classes monitored by a Physical Therapist
- Provide healthy meals and hydration to help keep residents strong

*More information is available from the National Council on Aging at [www.ncoa.org](http://www.ncoa.org) and the National Safety Council at [www.nsc.org](http://www.nsc.org).*

References: National Council on Aging ([www.ncoa.org](http://www.ncoa.org)) and the National Safety Council ([www.nsc.org/learn](http://www.nsc.org/learn)). Information in this brochure is not intended to replace seeking medical attention.